

Nicole Ralston

CERTIFIED PHYSICIAN ASSISTANT

PROFESSIONAL EXPERIENCE

University of Colorado Anschutz— Aurora, CO

Instructor: Neurology, Epilepsy

September 2019–Present

Full time work splitting time between outpatient epilepsy clinic and inpatient Epilepsy Monitoring Unit (EMU). Performs H&Ps on elective inpatient admissions to the EMU & manages patients' care throughout their hospital stay. Clinic work consists of managing and treating epilepsy, interrogating and regulating vagal nerve stimulator (VNS) devices, providing patient education, and collaborating with the epilepsy attending and nursing staff.

Rocky Mountain Senior Care— Denver, CO

October 2016–August 2019

Traveled between skilled nursing facilities, assisted living facilities, and occasional home visits to provide primary care to patients. Responsibilities included collecting histories and physicals, analyzing lab work, prescribing necessary medications, administering quality measure testing such as PHQ-9, managing anticoagulation care, tapering unnecessary medications, creating referrals, & coordinating care with specialists. As part of RMSC Team I traveled to multiple locations to perform various procedures including knee & shoulder injections, & abscess I&D. Additional duties included taking call at least bimonthly, which consisted of managing acute episodes, assisting in transition from hospital to SNF care, and reviewing lab results. Participated in a behavioral health internship learning specialized psychiatric care from Dr. Lea Watson.

EDUCATION

Saint Francis University, Loretto, PA — *Masters of Medical Science*

MAY 2015 - AUGUST 2016

Red Rocks Community College, Lakewood, CO — *PA Certification*

AUGUST 2014 - SEPTEMBER 2016

Creighton University, Omaha, NE — *Bachelor of Arts, Modern Languages & Literature: Spanish*

AUGUST 2006 - MAY 2010

Magna cum laude



SKILLS

Active DEA license
BLS Certified

AWARDS

Sigma Pi Alpha member: National Honors Society in Spanish

Psi Chi member: National Honors Society in Psychology

LANGUAGES

Fluency in Spanish

PROFESSIONAL MEMBERSHIPS

American Academy of Physician Assistants
Member ID: 10610537

EDUCATIONAL EXPERIENCE

St. Joseph's Hospital/National Jewish Hospital: Cardiology— Denver, CO

Preceptor: James Dillingham, PA-C; Dr. Ken Lyn-Kew, MD; Dr. Kari Horn, MD

Four week rotation working with the inpatient cardiology consult team. Consult management included treatment of atrial fibrillation, post-MI and catheterization care, new onset chest pain, anticoagulation management, and heart failure treatment. Three days were spent with the vascular team managing limb ischemia, two days were spent with the critical care team managing intensive care unit patients, and one day was spent with the internal medicine team caring mostly for cystic fibrosis patients. Procedures included stress tests, EKG interpretation, and observation of pacemaker placement, cardiac catheterizations, multi-vessel bypass, and vein harvesting.

Medical Center of the Rockies: Acute Care Surgery Trauma— Loveland, CO

Preceptor: Dr. Julie Dunn, MD

Four week rotation on the general & trauma surgery service at Medical Center of the Rockies. Tasks included rounding on inpatients in the Surgical Intensive Care Unit, managing acute conditions and complications of surgery, observing and assisting in the operating rooms with procedures including appendectomy, cholecystectomy, bowel resection, craniotomy, mastectomy, and more. Responded to Trauma Alerts from the emergency department where our team would lead and manage the work-up of trauma patients.

Pikes Peak Regional Hospital: ER and Inpatient— Woodland Park, CO

Preceptors: Dr. John Hall, DO & Dr. Scott Sanford, MD

Four week rotation in emergency & internal medicine at a busy rural hospital serving Teller County, Colorado. 24 hour shifts included rounding on inpatients and performing histories and physicals on patients presenting to the emergency department. Procedures included splinting, laceration repairs, pelvic exams, placing nasogastric tubes, and incising & draining abscesses. Patients spanned all ages from infants to elderly. Many patients presented with acute altitude sickness after traveling to Pikes Peak and Manitou Springs.

Denver Health: Psychiatry — Denver, CO

Preceptor: Dr. Robert House, MD

Four week rotation on the inpatient consult liaison psychiatry service. Worked collaboratively on the service with attendings, residents, and psychologists. Conversated with patients in multiple departments of the hospital including the ACUTE Center for Eating Disorders, the Cardiac Intensive Care Unit, the Correctional Care Medical Facility, the Pediatric Intensive Care Unit, and the Maternity service. Responsibilities included answering pages in a timely and professional manner and conducting psychiatric interviews with subjects including suicide attempts, substance abuse, anorexia, anxiety, bipolar disorder, and schizophrenia. Performed chart review using EPIC electronic health record.

Clinica Campesina: Family Medicine— Thornton, CO

Preceptor: Kari Cao, PA-C

Four week rotation in family medicine at a low income clinic serving uninsured, underinsured, and indigent patients. Developed proficiency in caring for patients with chronic medical problems including hypertension, diabetes, and hyperlipidemia. Procedures included wet prep mounts with visual microscopy, prenatal visits, gynecologic care, pap smears, and lesion excisions. Spoke in Spanish with over 75% of patients & became proficient using NextGen EHR.

Western Medical Associates: Family Medicine — Casper, WY

Preceptor: Kati Tuma, PA-C

Four week rotation at a busy family practice clinic. Became proficient at using eClinicalWorks EMR. Responsibilities included taking a history and conducting a physical exam, identifying assessments, and discussing & initiating a treatment plan with the patient. With the supervision of my preceptor, I e-prescribed medications, reviewed documents and results, and answered telephone messages. Patients included infants to elderly.

Platte Valley Medical Center: Emergency Medicine— Brighton, CO

Preceptors: Carey Cuprisin, MD, Lane Looka, NP, Gordon Steward, PA-C, Thaine Gilliland, PA-C, Heather Ross, MD

Four week rotation in February 2016 in the emergency department. Responsibilities included taking an adequate history and conducting a physical exam. Reported back to the practicing provider, at which time we discussed possible diagnoses, labs to order, and potential treatment plan. Presented laboratory and imaging results to patients, created discharge instructions, and worked alongside nurses and EMTs. Performed numerous procedures including laceration repair, blood draws, IV starts, culture collection, abscess I&D, chest tube placement, and rapid sequence intubation. Used Cerner Soarian and PACS system for charting and imaging.

Salud Family Health Center: Family Medicine — Longmont, CO

Preceptor: multiple

Four week rotation in January 2016 with nine different providers. Procedures such as pap smears, breast exams, and auscultating fetal heart tones. Attended the mobile clinic unit with Rhina Rodriguez, PA-C, to underserved areas in Northern Colorado. Patient population included underinsured and migrant patients. Communicated using Spanish to the majority of patients on this rotation. Used eClinical Works for charting.

Rio Grande Hospital Clinic: Family & Sports Medicine— Del Norte, CO

Preceptor: C. Brian Freeman, PA-C

Four week rotation providing primary care in the San Luis Valley. Patient population included high school athletes, infants, pediatrics, and adults. Completed patient history and physical exam independently, developed a workup and treatment plan, and presented cases to Brian Freeman for review. Documented relevant visit and procedure notes using Aprima EMR. Performed numerous Commercial Drivers License examinations, workmen's compensation exams, and sports physicals. Performed procedures including punch biopsies, joint injections, trigger point injections, abscess incision and drainage, and lesion cryotherapy.

Senior Care of Colorado: Geriatric Medicine — Aurora, CO

Preceptors: Cora Matteson, PA-C & Megan Igel, PA-C

Four week rotation in August 2015 providing primary care for multiple nursing homes and long term care facilities in the Denver Metro area. Patient population included geriatrics as well as some younger adults in rehabilitation at the Life Care Center of Aurora. Traveled to various nursing homes three days a week to follow-up on residents with Cora Matteson. Interviewed patients in a clinic setting and at a local rehab facility with Megan Igel two days per week. Tasks included acute management of electrolytes, antibiotic therapy, hypertension, management of chronic medical problems, and polypharmacy. Performed procedures including abscess incision and drainage, foot care, cerumen removal, and wound care.

Southwest Memorial Hospital Clinic: Family Medicine— Mancos, CO

Preceptor: Jeff McElwain, PA-C

Four week rotation in July 2015 providing primary care in Mancos. Patient population included males and females of all ages along the lifespan. Completed patient history and physical exam independently, developed a workup and treatment plan, and presented cases to Jeff for review. Documented relevant visit and procedure notes using Centricity EMR. Performed numerous diabetic visits, well-child checks, annual adult examinations. Performed procedures including punch biopsies, pap smears, and lesion cryotherapy.

Wheat Ridge Regional Center: Internal Medicine — *Wheat Ridge, CO*

Preceptor: Dr. Steven Russell, MD

Four week rotation in June 2015 with Dr. Steven Russell providing primary care for the mentally and physically disabled persons living in group homes. Assisted and observed Dr. Randall Buzan weekly to perform psychiatric intake on patients and follow-up evaluations on established residents. Performed procedures including rectal and testicular exams, lesion cryotherapy, suture removal, and cerumen removal.

PREVIOUS HEALTHCARE EXPERIENCE

University of Colorado Hospital, Aurora, CO — *Certified Nursing Assistant*

AUGUST 2013 - AUGUST 2014

Assessed patients at minimum every hour. Assisted patients with activities of daily living including toileting, showering, eating, and ambulating. Liaison between patients and other medical staff.

Rocky Mountain Hospital for Children, Denver, CO — *Radiology Representative*

SEPTEMBER 2010 - JUNE 2012

Monitored medical systems including Meditech, PACS, and PACS Film/Scan. Printed & uploaded films, reports, and CD data for patients and physician offices. Checked patients in for radiology exams and procedures.

Presbyterian/Saint Luke's Medical Center, Denver, CO — *Patient Transporter*

MAY 2007 - JUNE 2013

Communicated with nurses, technologists, and physicians regarding patient's status. Assisted staff, patients, and families through customer service.